Michigan Department of Community Health **Public Health Genomics Program**

And Decome Pregnant

prevented with of folic acid.

Who should be taking folic acid?

Every woman of childbearing age should take a multivitamin with 400 mcg of folic acid every day.

Women of childbearing age should also:

- Eat a healthy diet with foods rich in folate
- Seek early and routine prenatal care
- Abstain from alcohol, tobacco, and other illicit drugs
- Wash hands frequently

How many Michigan newborns are screened every year'

The Michigan Newborn Screening Program screens 125,000 babies every year.

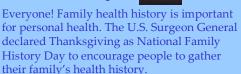


As of 2006, advancing technology allows dried blood spot screening for 48 disorders.

All Michigan hospitals also screen newborns for hearing loss.



Who should know about their family health history?





In 2005, two-thirds of Michigan adults believed that family health history is very important to their personal health. But only one-third had actively gathered their family's health history.



Genomics Prevention Through the Lifecycle

What 3 choices are important for the future health of teenagers?

3 important behaviors to instill

- Eating healthy foods
- Being tobacco and alcohol free

Why is lead dangerous?

Lead poisoning is dangerous to everyone Symptoms of lead poisoning include:

In 2005, over 3,000 children under age 6 were confirmed to have lead poisoning in Michigan.



- Loss of appetite
- Constipation
- Weight loss • Fatigue
- Irritability
- Hyperactivity
- Difficulty sleeping
- Hearing problems

Some genotypes impair a child's ability to remove lead from the body, making him or her especially susceptible to its harmful effects.











